

thePost

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NEWSNOTES

Legal Assistance seeks income tax volunteers

The holiday season is fast approaching, and so is tax season. Each year, Fort Dix provides free tax assistance and e-filing to military personnel and their families through the Internal Revenue Service (IRS) sponsored Volunteer Income Tax Assistance (VITA) program. Fort Dix is seeking volunteers for the upcoming tax season. Volunteers are critical to the success of the VITA program as they prepare basic tax returns and assist in the administrative functions of running the program. The IRS will provide tax training during the entire week of December 10 at McGuire Air Force Base for anyone interested in volunteering as a tax preparer. For those who are interested in volunteering, but cannot attend the training session, an on-line training course is available. Please call the Fort Dix Legal Assistance Office at 609-562-3043 if you would like to volunteer either as a tax preparer or provide administrative support.

Combined Federal Campaign inches toward goal at Dix \$33,000

More than 135 employees have contributed more than \$18,000 to the 2007 Combined Federal Campaign on Fort Dix. Just over a week remains to meet this year's campaign goal of \$33,000. Campaign project officers with complete information on the many charitable organizations represented by CFC have been appointed in each directorate and tenant organization. If you cannot locate your representative, call Rod Martell, ACS, 562-2186.

Thrift Shop gears up for Christmas holidays

Come one, come all, to the Fort Dix Thrift Shop on Pennsylvania Avenue next to the Museum for your first Christmas shopping stop. The shop has lots of Christmas décor items and for the rest of this month, all expired consigned and P06501 items (Thrift Shop property) are half off, plus all expired clothing is \$2 for all you can get in paper grocery sack. The store is your store and all proceeds go back into the Fort Dix community as grants to organizations and scholarships for worthy applicants each May. The shop is open usual times, Tuesdays and Thursdays from 10 a.m. to 2 p.m., and consignments are taken from 10 a.m. to noon on those days.

The shop is also open first and third Saturdays, December 1 from 10 a.m. to 2 p.m., and first Wednesdays, next on December 5, from 4 to 8 p.m.

The shop will be closed for Christmas week from December 20 and reopen Thursday, January 3, 2008.

WEATHER

WEDNESDAY -- Areas of fog in morning, partly sunny with high near 62. Overnight low of 51, chance of showers.

THANKSGIVING DAY -- Chance of showers, cloudy, with a high near 67 degrees and overnight low of 36.

FRIDAY -- Mostly sunny with a high near 48 degrees and overnight low of 26.

SATURDAY -- Sunny, high near 47 degrees and low of 28.

SUNDAY -- Mostly sunny, with a high near 51. Mostly cloudy into evening, chance of showers, low of 34 degrees.

MONDAY -- Cloudy with high chance of showers, daytime high of 54 degrees and overnight low of 28.

Iraq: Support up, attacks down

WASHINGTON, Nov. 19, 2007 -- A robust partnership between coalition troops and Iraqi security forces and support from the Iraqi people is showing success in bringing down violence in Iraq's Multinational Division North sector, the troop commander there said today.

Army Maj. Gen. Mark P. Hertling, who also commands the Germany-based 1st Armored Division, told Pentagon reporters via videoconference that attacks in his area of operations are higher than anywhere else in Iraq.

However, Hertling noted "a marked reduction" in violence, particularly in improvised explosive device attacks.

Enemy forces planted 1,830 IEDs in June, he said. By October, that number had dropped to about 900. As of today, the November number was 520.

Operation Iron Hammer, an ongoing counterinsurgency operation launched Nov. 5, is building on this success.

To date, coalition and Iraqi forces detained 400 terror suspects and uncovered 79 weapons caches containing "an unbelievable amount of weapons and ammunition," Hertling said.

Among the weaponry was the largest cache of explosively formed projectiles yet to be discovered in Iraq, Hertling said there's no question these armor-piercing EFPs originated in Iran, but said he has no indication they arrived since Iran pledged to stop these shipments.

"I am hopeful the Iraqis are keeping their promise to not interfere with the international security conditions of Iraq by supplying either arms or equipment or trained personnel," he said.

Hertling said he's optimistic about the trends, but recognizes more attacks are likely.

"You are still going to read about spectacular attacks," he said, particularly those targeting Iraqi security forces and concerned local citizens who have both become key partners in confronting the terrorist threat in the region.

Hertling noted steady increases in the capability across the board of Iraqi security forces who have become solid partners in the counterinsurgency fight.

During Iron Hammer, Hertling said, the Iraqis did more than he asked of them and performed at higher levels than he had expected.

"We've got a partner now," he said. "They are speaking the same language tactically and operationally that we are, and they are going after the same enemy we are."

Insurgents are noticing these improvements, too, and are likely to respond by singling out more Iraqi forces as targets, he said.

"The enemy realizes that they're growing in capability, and if there is

any kind of chance of stopping the representative movement of the government, that they have to attack the security forces," he said.

Nearly one-fourth of the weapons caches uncovered during Iron Hammer resulted from tips by local citizens.

Similarly, Hertling said, the enemy recognizes the role local Iraqi citizens are playing in helping the coalition and Iraqi forces confront the terrorist threat in their neighborhoods.



Ryan Morton

Welding the future of reserve forces

A construction worker from C. Pyramid Enterprises, Robbinsville, welds a floor beam in place as the structure of the new Regional Readiness Support Center continues to rise on Pennsylvania Avenue. The new structure -- the largest built on Fort Dix since Walston Hospital in 1960 -- will be ready for occupancy next fall.

Pay attention to travel details

'Tis the season for accidents

Wayne Cook
Public Affairs Staff

More than 31-million holiday travelers forecasted for the nation's roadways could lead to high numbers of accidents and fatalities this Thanksgiving.

AAA Mid-Atlantic, based in Wilmington, Del., has predicted that more than 500,000 motor vehicle travelers from the New Jersey/Philadelphia area alone will travel 50 miles or more from home during the Thanksgiving holiday.

Although the fatal accident and fatalities rates are down slightly from this past year, the recipe for disaster exists as motorists continue to travel with little or no rest; take few, if any, breaks from driving; drink and drive or drive under the influence of drugs or debilitating medications; fall victim to distractions including changing music while driving, drinking and/or eating while driving, looking around at the scenery versus keeping eyes focused on the roadway and traffic around them, failing to use safety devices such as safety belts and child restraint seats, etc.; and fail to ensure their vehicles are mechanically safe before traveling -- among other causes for accidents.

In 2006, there were 709 fatal automobile accidents in New Jersey, resulting in 771 fatalities. As of Nov. 19, there have been 382 fatal accidents resulting in 626 fatalities.

The highest rate of fatal accidents happens on Sundays, Fridays, and Saturdays, between the hours of 8 and



AAA photo

DOUBLE WHAMMY -- A moment's inattention to the road to change music, grab a cup of coffee or just because the driver is tired can result in a lifetime of grief from an accident. Minor accidents are up on Fort Dix, and that trend combined with holiday traffic makes it critically important that drivers think safety while behind the wheel.

11 p.m. With Thanksgiving falling in the middle of the week, the chance for disaster to strike rises exponentially on Wednesday and Thursday due to the rise in normal traffic.

According to AAA, more travelers make their annual pilgrimage on Thanksgiving Day itself, rather than on the Wednesday before the holiday. That's one of the surprising findings

from a previously released federal government report on Thanksgiving and Christmas travel patterns. Short-distance trips on turkey day make the difference.

AAA also advises that Wednesday afternoon is the most difficult travel period for drivers because those traveling longer distances for Thanksgiving hit the road at the same time as

last-minute grocery shoppers and commuters.

Because of the heavy volume of traffic on the roadways, police will step up their presence and enforcement of traffic laws to help provide a safer environment for travelers.

Those at Fort Dix who think they are immune from the motor vehicle (continued on page 3)

Nurturing America's military heritage

Marines licked weather, enemy hordes at frozen Chosin



Steve Snyder
Public Affairs Staff

By mid-October 1950, many United Nations leaders thought the Korean War was over and that we had won. Most of North Korea had been captured and occupied by American-led U.S. forces.

But then, 200,000 Chinese Communist Forces (CCF) poured across their border with North Korea, attacking the U.S. 8th Army and the 1st Marine Division.

On the east flank of the Chosin Reservoir (or Changjin), Chinese invaders killed or wounded 2,115 Soldiers belonging to the 31st Regimental Combat Team (RCT) of the U.S. Army's 7th Infantry Division.

They intended to do the same to 1st Marine Division. But the 31st RCT had given the Marines time to regroup.

In the 10-day period from Nov. 7 to Dec. 6, 1950, 30,000 Marines under the command of Maj. Gen. Oliver P. Smith plowed through snow and ice, killing CCF forces almost at will, battling their way from Yudam-ni to Hararu-ri to Koto-ri to Chinghung-ni and then the final, 43-mile thrust to Hungnam and safety.

Marines and Soldiers destroyed or disabled all seven CCF divisions that tried to block their escape. They were evacuated from the port of Hungnam, which was then destroyed.

Commander's Thanksgiving Message

During this time of year let us stop and reflect about the many blessings we enjoy as Americans. Sometimes it is difficult to give thanks when we are separated from our loved ones or struggling with upcoming deployments.

Let us remember those in uniform serving around the globe on land and in the air keeping vigil in pursuit of peace. Let us remember our military families who are unable to be together during this holiday season.

This is a time when we should be truly thankful to God for this nation and all it stands for in the world. While many may envy us, we generously share our blessings with others in need. We share the blessings of freedom by keeping other nations safe from aggression. As service members, we can be thankful to be part in defending this nation that so freely gives to other nations in so many ways.

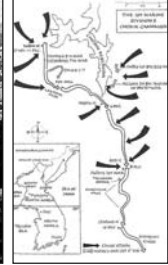
We have faced many changes over the course of the last year and will continue to face challenges in the upcoming year. We at Fort Dix lead the way for increased reliance on the reserve component, partnerships with sister services and projecting power to preserve and protect peace. As we go forth let us always hold on to our faith in a God who promises peace.

As we celebrate Thanksgiving 2007, let us pray that God, who gives us all things, gives us thankful hearts, teaches us to use our gifts wisely and to share what we have with others.

RONALD R. THAXTON
Colonel, U.S. Army
Commanding



www.paulnoll.com/Korean War



www.history.navy.mil/colloquia



Cpl. Peter McDonald, USMC

WINTER WASTELAND — An aerial view of the Chosin Reservoir in North Korea, left above, gives an idea of the desolate area fought over by Chinese Communist Forces (CCF) and the 1st Marine Division. Bold strokes on the map, center, illustrate positions taken by the CCF when they attempted to encircle the 1st Marine Division at Chosin Reservoir. White arrows represent escaping Marines. Note that directly east of the Reservoir were elements of the 31st Regimental Combat Team of the U.S. Army's 7th Infantry Division, better known as Task Force MacLean (or TF Faith). There were only 385 able-bodied survivors from 2,500 7th Division Soldiers initially caught in a series of Chinese ambushes east of the Reservoir. At right above, a column of troops and armor from the 1st Marine Division move through Chinese lines in a successful breakout from Chosin.



David Duncan



USMC photo



official portrait, USMC

COMBAT HARDENED — When asked by the photographer what he would like for Christmas, the Marine at left replied, "Give me tomorrow." In the center, a Marine F4U Corsair conducts a napalm strike to soften up the enemy in the Hagaru perimeter. Maj. Gen. Oliver P. Smith, right above, was nonplussed when asked about retreating. "Retreat? We're just attacking in another direction," Smith explained, adding "You can't retreat or withdraw when you're surrounded. The only thing you can do is break out. When you break out, you attack." Smith's division attacked - and mauled the enemy.

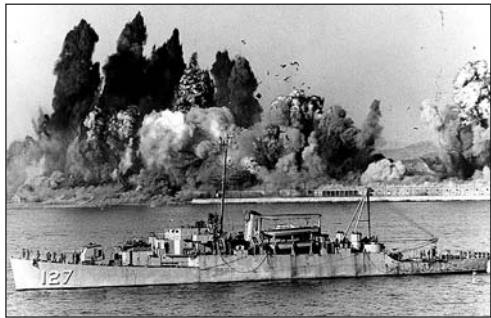


www.chosin.com



www.paulnoll.com

DIGGING IN — Marines dig in on Nov. 29, 1950, left above. A Chinese Soldier, above right, holds a Russian-made burp gun as he stands guard in frigid temperatures reaching minus 30 to 40 degrees F during some nights in the Chosin region. Soldiers on both sides suffered greatly from frostbite and the severe cold often prevented weapons from firing, and grenades from exploding. Eating and drinking were difficult, too, in the freezing climate. The Marines' cold weather gear was superior to what the Chinese had. And the Marines had spirit, too.



National Archives

EXPLOSIVE — During the evacuation of Hungnam on Dec. 24, 1950, USS Begor (AP-127) stands offshore, ready to embark the last UN landing craft, as demolition charges wreck Hungnam's port facilities, preventing their use by the enemy.



Wikipedia

PRICE OF FREEDOM — Marble figures in the Korean War Veterans Memorial reflect in the Pool of Remembrance in Washington, D.C. Freedom is never free but must be fought for, as it was at the Chosin Reservoir and other battle-grounds during the Korean War and in all of America's struggles.



posterized still from 1957 movie, "The D.I., starring Jack Webb

TELL IT TO THE MARINES — The United States Marine Corps celebrated its 232nd birthday on November 10 and has served the nation superbly, not least during the Chosin Reservoir campaign. On Nov. 12, 1950, Chairman Mao Zedong even complained about Marines in a letter to one of his generals, saying, "The American Marine 1st Division has the highest combat effectiveness in the American armed forces. Four of our divisions seem not enough to surround and annihilate its two regiments..." Marines inflicted 37,500 casualties on the enemy at Chosin, destroying one entire CCF Army group.

the Post

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Post Commander Col. Ronald R. Thaxton

Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Beverly Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder
PAO Community Relations Gerry Zanzalari

Fort Dix Public Affairs Office Contract Workers

Wayne Cook, Ed Mingin, Shawn Morris, Ryan Morton

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Beware: Unexploded ordnance poses continuing safety threat

FORT RUCKER, Ala. (Nov. 16, 2007) — A recent unexploded ordnance accident that claimed the life of a Soldier is serving as a deadly reminder to be extra cautious when handling munitions.

The Soldier was digging in front of his quarters when he discovered a yellow cylinder resembling a caulk tube.

Once the Soldier brought the tube out of the ground, he banged it against a wall to determine what he was holding.

The device, which turned out to be a BLU-97/B Combined Effects Bomb, exploded, killing the Soldier and wounding another.

The BLU-97 submunitions are yellow, soda-can-sized bomblets that are dispensed in large numbers to attack "soft" area targets.

The bomblet case is made of scored steel designed to break into about 300 pre-formed ingrain fragments for defeating light armor and personnel.

The body of the BLU-97 is cylindrical in shape, about 20 centimeters long and has a 6 centimeter diameter.

However, military and foreign munitions can come in a variety of types, sizes and shapes and may not be easy to recognize.

They include, but are not limited to, small-arms ammunition, projectiles, cartridges, bombs, rockets, pyrotechnics, grenades, blasting caps, fuzes, simulators and raw explosives.

According to the Defense

Environmental Network and Information Exchange, when encountering UXO, always follow the 3Rs of explosive safety:

- * Recognize the munition.
- * Retreat from the munition. Do not touch or disturb it, but move carefully away, walking out the same path the area was entered.
- * Report the munition and its location.

Since fiscal 2005, there have been three Class A Army accidents resulting from Soldiers handling UXO. These accidents caused the deaths of three Soldiers.

By following the 3Rs of explosive safety, Soldiers can help prevent future fatalities.

In combat areas or on training ranges, it's best to remember, "If you did not drop it, do not pick it up!"

For more information on UXO safety, visit the Defense Environmental Network and Information Exchange's UXO Safety Education Program Web site at www.denix.osd.mil/uxosafety.

Fort Dix has been home to all kinds of units since 1917, and they trained with a wide variety of munitions on the ranges and training areas.

Anyone spotting ordnance outside the Impact Area should call the Range Firing Desk at 562-4600 and report in as much detail as possible the description of the item and its location, without touching or moving the item.

The Firing Desk is manned at all times.



courtesy photos

DEADLY DEBRIS — While many pieces of unexploded ordnance are recognizable, some — like this BLU-97 submunition — bear little resemblance to familiar rounds, shells, grenades or mines shown below. Because of the vast variety of UXO on training ranges and battlefields, the Army strongly encourages everyone to abide by a simple safety principle: If you didn't drop it, don't pick it up.



Accidents on rise at Dix

(continued from page 1)

accident scene need only to take a quick look at the motor vehicle accident statistics from Sept. 1 to present provided by the Fort Dix Department of Defense Police.

There have been 113 motor vehicle accidents on the post since the beginning of September. Of those, 70 have involved privately owned motor vehicles. Whether it was another vehicle, a deer or an unmoving object, drivers on the installation have been involved in a high number of accidents during that time period. The additional accidents involved drivers of government vehicles (not to exclude them from the count).

Accidents can happen to anyone at any time; besides all of the factors that an operator must be aware of in and around his or her own vehicle, he or she must be prepared for the unforeseen actions of other drivers on the road. A vehicle operator's own alert status may be the only thing to avert a tragic accident.

Traveling during the holiday can be a very thankful and safe time as long as proper planning, safety, and an awareness of those around you are exercised.

CDC hosts workshop

The Army Family Advocacy Program and the Abbott Program will host a 1-2-3 Magic Workshop: Effective Discipline for Children Ages 2-12 Dec. 5 from 6 to 8 p.m. at the Fort Dix Child Development Center, Bldg. 5523 Tennessee Avenue.

If you are looking to implement an effective discipline program that really works, sign up for this seminar. Participants will receive a free copy of Dr. Phelon's book.

For information and to register, call Jennifer Warren at 562-4830. Free childcare is available.



Dixans gear up for day of thanks



Members of the Knights of Columbus and community volunteers, above, sort through 70 bags of donated food at the Main Chapel. The food was collected by the Knights of Columbus to be distributed to Soldiers in need and their families. Robert Charneco, top right, helps bag potatoes, while Bobby Brown, Army Community Service, Command Sgt. Maj. Bonita Davis, installation command sergeant major, and Charlie Dreyer, from left below, coordinate a packing plan.

photos by Carolee Nisbet



photos by Carolee Nisbet



Bobby Brown, Army Community Service, far left, Stephen Wachtler, Directorate of Logistics, center, and Master Sgt. Shandrel Daniels, NCO Academy, right, receive donated food items from Tara Wachtler, second from left, and Donna Donze, second from right, of the Avnet Electronics Social Events Committee of Mt. Laurel, on behalf of the Chapel Thanksgiving Outreach Program.

Wayne Cook



Ryan Morton

'07 Thanksgiving Menu



Cranberry Juice Cocktail
Shrimp Cocktail with Seafood Cocktail Sauce
Cream of Broccoli Soup/Oyster Crackers
Cornbread, Butter flake rolls, Assorted Whole Grain
Dark Breads with Butter/Margarine Pats
1% Milk, Coffee, Iced Tea, Hot Tea, Assorted Regular & Diet Soft Drinks Egg Nog, Apple Cider

Roast Turkey with Turkey Gravy
Baked Ham with Pineapple and Clove Sauce
Steamship Round
Traditional Mash Potatoes/Roasted Sweet Potatoes
Corn Bread Dressing
Green Ban Casserole/Lyonnais Carrots/Buttered
Corn on the Cob
Regular & Low-Calorie Salad Dressings
Cranberry Sauce, Apple Sauce and Condiments
Assorted Seasonal Fresh Fruit & traditional holiday desserts

Lt. Col. Julio Toro, 1st Simulation Exercise Group, 1st Brigade, 78th Division, above, prepares a salad in the festively decorated dining facility in Bldg. 5610. The dining facility was decorated from floor to ceiling with Thanksgiving Day decorations, including a large holiday banner, top. The dining facility holiday menu is reproduced at left.

NEIGHBORHOOD

THE CORNER

United Communities needs Resident Board members

Fort Dix and McGuire Air Force Base are seeking additional Family Housing Residents to serve on the housing privatization Resident Representative Board (RRB).

The RRB's objective is to provide resident input to improve their housing communities.

The RRB works in partnership with United Communities (UC) and the joint Fort Dix/McGuire Government Family Housing Office to identify, discuss, and resolve privatized housing issues/concerns and to support the command-level Management Review Committee.

RRB members need to be UC family housing residents and willing to obtain input from other residents. The RRB meets once a month, typically at 1 p.m. on the second Wednesday on Fort Dix or McGuire.

The next RRB meeting is scheduled for Dec. 12, 1 p.m. in the McGuire Club, 2508 East Third Street. For more information or to join the RRB, call Judith Holliday at 754-5025 or send e-mail to judith.holliday@mcguire.af.mil or richard.sample@us.army.mil.

Volunteers needed for speaking engagements

The Fort Dix Public Affairs Office is currently looking for officer and senior NCO volunteers to help us in our community relations efforts by becoming part of our speaker's bureau. All that's needed for speaking engagements is enthusiasm, personality and the ability to read and engage the audience.

So if you have the availability and desire to connect with our neighbors and bring a personal touch to the Fort Dix community, please call Gerry Zanzalari, Fort Dix Public Affairs, at 562-2909.

Holiday party tickets go on sale soon

The Fort Dix Holiday Party will be held Dec. 11 at Griffith Field House. Tickets go on sale Nov. 23. Check future editions of *The Post* for more information.

DoD taking nominations for ESGR Freedom Award

The Department of Defense opened the nomination season for the 2008 Secretary of Defense Employer Support Freedom Award Nov. 1.

Nominations will be accepted at www.esgr.mil until Jan. 21, 2008. The Secretary of Defense Employer Support Freedom Award is the U.S. government's highest recognition given to outstanding employees.

For questions regarding the nomination process, please call Hank Pierrre of the New Jersey ESGR Committee at 562-0156.

Teen Center to host Career Mentoring

The Fort Dix and McGuire Air Force Base Youth Centers, along with the McGuire Family Support Center, are sponsoring a Career Mentoring Program at the Fort Dix Teen Center Friday evenings from 6 to 7 p.m. beginning Nov. 30 and continuing through Jan. 18, 2008. This free training -- which would cost approximately \$3,000 through a private vendor -- is offered to all 14-18 year olds who are ready to start preparing for college and careers, and who are able to use MWR services on Fort Dix or the McGuire Youth Center.

The topic for the Nov. 30 class is Skills Identification. A certificate and letter of participation will be awarded to teens who complete the course. Parents are welcome to attend with their teens.

For more information, call the Fort Dix Youth Center at 562-5061, the McGuire Youth Center at 754-5437, or the McGuire Family Support Center at 754-3154.

Veterans kiosk coming to Quaker Bridge Mall

Veterans can learn about benefits or entitlements by visiting the Quaker Bridge Mall Nov. 27-29 from 10 a.m. to 8 p.m. The N.J. Department of Military and Veterans Affairs will staff a kiosk at the mall, which is located on Route 1 and Quaker Bridge Road in Lawrenceville.



Gerry Zanzalari

HOME SWEET HOME -- United Communities, LLC, is overseeing construction of more than 2,000 new housing units for Fort Dix and McGuire Air Force Base personnel. The units will feature the latest energy-efficient hardware and appliances.

New homes rising on Dix, McGuire

Gerry Zanzalari
Public Affairs Staff

Fort Dix and McGuire are currently undergoing the biggest capital improvement project in their history.

It's not new runways, ranges or training facilities. Starting in 2006 with completion expected in 2012, a whopping \$380 million is being invested in what is called housing privatization.

A joint Army-Air Force project, housing privatization is intended to provide military families with high-quality, well-managed homes in planned communities with modern recreational facilities and state-of-the-art infrastructure.

A total of 2,084 new family housing units will be constructed by Sundt Construction, Inc., of Tempe, Ariz., and Mount Construction Inc., from Berlin, N.J., under the auspices and construction

management oversight of United Communities, LLC.

Benefits of housing privatization include increased housing size and quality, more timely construction, month-to-month leasing, no deposits, renter's insurance, energy incentives and more.

"Upon completion, the housing privatization initiative will provide our military families with quality on-post housing that will rival any new off-post development," according to Rich Sample, Fort Dix DPW housing privatization manager.

New housing units will be no less than three-bedroom homes with plenty of storage space, energy-efficient doors, windows and insulation, central air conditioning with programmable thermostats and all-new, EPA-approved Energy Star appliances.

Recreational facilities will include two 3,800 square-foot community centers, fitness center, indoor and outdoor basketball courts, soccer and

baseball fields, bicycle and jogging trails, open space, boundless playgrounds and a water park.

Active-duty personnel from Fort Dix and McGuire will be able to choose, from units defined by pay grade and family size, the area where they want to live, be it McGuire or Fort Dix.

Under the original agreement, the land used for development is leased by United Communities from the US government under a 50-year contract. A total of 432 acres on McGuire and 359 acres on Fort Dix are slated for development with additional acreage set aside for future housing needs.

When completed, UC will operate, improve and maintain the housing and recreational areas. Plans call for the building of approximately 320 units per year on existing vacant land to maximize construction.

For additional information, call United Communities at 723-4290 or log on to www.mcguiredix-uc.com.

Food safety key to thankful turkey day

Kay Blakley
Defense Commissary Agency

Sharing holiday meals with friends and family is an important part of the holiday season. With a little bit of care and knowledge, foodborne illness is almost entirely preventable.

Consider these four tips:

1. Cook thoroughly: If a golden-brown, whole turkey will be the centerpiece of your holiday table, a meat thermometer should be among your "must-have" kitchen utensils. It's the only sure way to tell if food has reached the desired state of doneness and a temperature high enough to destroy harmful bacteria. Use an oven thermometer no lower than 325 degrees Fahrenheit and continue to roast until the thermometer shows a minimum internal temperature of 165 degrees. This is the lowest temperature at which bacteria and viruses are destroyed, according to food safety experts. However, for reasons of personal preference, consumers may choose to cook turkey to the traditional temperature levels of 175 to 180 degrees Fahrenheit in the thigh and 165 to 170 in the breast. Check the temperature in the innermost part of the thigh and wing and in the thickest part of the breast. Make sure the thermometer is not touching bone, fat or gristle. For safety sake, it is best not to stuff the turkey, but to bake the stuffing separately in a casserole. If you simply must cook the stuffing inside the bird, check the stuffing temperature separately. Even if the turkey itself has reached the desired temperature, cooking must continue until the center of the stuffing has reached 165 degrees.

2. Keep it clean: Wash your hands, including under your fingernails, thoroughly and often with soap and water. Remember that bacteria can enter the picture from numerous sources -- handling the telephone, petting the dog, taking a bathroom break, wiping the baby's runny nose or brushing her hair out of her face, even handling dirty dishes. Wash up again after any of these or other interruptions, and dry hands thoroughly with a clean towel or paper towel. Change kitchen towels, sponges and dish cloths often. Bacteria can linger on linen used repeatedly between launderings. Always launder these items in hot water, because the cold water wash may not kill all the bacteria. Use paper towels to wipe counters and floor spills. Wash countertops, cutting boards and utensils in hot soapy water between each step in food preparation. Be sure dishes are fully clean and dry before putting them away. Even tiny bits of food soil along with

moisture trapped between the dishes sets up a perfect environment for bacteria to grow.

3. Separate raw and cooked foods: Experts agree that accidental food-to-food or surface-to-food cross contamination is one of the biggest culprits in the spread of foodborne illness. For example, say some juice from your thawed turkey seeps onto the countertop or onto your cutting board. You wipe up the spill with a paper towel, then cut lettuce and other vegetables on the same contaminated countertop and cutting board.

4. Although the surface may look clean, bacteria from the poultry may still be present -- and may have transferred to the salad makings. Your friends and family eat the salad and now run the risk of becoming ill.

Even more common is the following scenario. You prepare the turkey for roasting by removing the giblets and neck from inside the bird. You rub the inside cavity with salt, using your fingers and generously apply butter to the outside of the bird wing you guessed it, your bare hands! (We'll assume your hands and nails have been thoroughly scrubbed beforehand.) You lift the turkey into the roasting pan, wiping your hands on the kitchen towel several times throughout the process. You use that same towel to open the oven door and slide the turkey in. The pan of potatoes on top of the stove starts to boil

over, so you use the towel as a potholder to lift the lid. As you turn down the heat with one hand, you pick up a spoon with the other hand, and give the pot a good stir. As you stir, you notice the yeast rolls set to rise on the back of the stove look a little dry, so you dampen the notorious towel with a little water from the faucet, and carefully lay it over the rolls. We could carry this on and on, but by now I'm sure you have the picture. You've contaminated half the kitchen by transferring any microscopic beings residing on or in the turkey, first to your hands, then to the towel and finally to the numerous other items you touched. We won't even mention the fire hazard you've created with the flammable towel so close to the heat of the stove.

Wash hands and utensils, often with soap and water. Use paper towels after handling raw meat or poultry, and change cloth kitchen towels often.

5. Refrigerate, thaw, serve and store foods properly. Keep hot foods hot and cold foods cold: No doubt you've heard this at least a hundred times, but good advice bears repeating. Follow these guidelines to assure food safety when preparing the holiday feast.

6. Thaw the turkey completely before cooking. Thawing in the refrigerator is best, but requires some

planning -- allow a minimum of five hours per pound thawing time. If planning failed, do a quick thaw by placing the turkey, in its original wrapper, in cold water. Allow 30 minutes per pound for thawing to take place and change the water every 25 to 30 minutes.

- Egg-based desserts such as pumpkin, pecan or sweet potato pie can be made a day ahead, but must be stored in the refrigerator.

- Cornbread dressing can be partially prepared a day ahead, as long as you refrigerate the ingredients separately -- bread crumbs and crumbled bread in one container, sautéed onions and celery in another and crisp crumbled bacon in yet another. Combine all ingredients with eggs, seasonings and broth the next day. Bake and serve immediately.

- Even deviled eggs can be made ahead following these safety precautions. Boil, peel and slice the eggs lengthwise. Refrigerate the egg whites in one container and the yolks in a separate container. Three to four hours before mealtime, mash the yolks with a fork and combine with mayonnaise and seasonings. Fill the egg whites with the yolk mixture and chill till serving time.

- If serving buffet style, keep foods warm with chafing dishes or warming trays. Cold foods should be kept on ice, if possible.

- Cover and refrigerate leftovers within two hours of serving.

- Store leftover meats or poultry in their own separate containers. Do not combine with other items such as gravy, dressing or vegetables in the same container.

Thanksgiving hours posted

Griffith Field House	Arts & Crafts Center	Military Clothing and Sales
Nov. 22.....9 a.m. to 5 p.m.	Nov. 22.....CLOSED	Nov. 22.....CLOSED
Nov. 23.....9 a.m. to 5 p.m.	Nov. 23.....CLOSED	Nov. 23.....9 a.m. to 6 p.m.
Aquatics	BX/PX	Outreach Services/FCC
Nov. 22.....CLOSED	Nov. 22.....12:01 a.m. to 9 p.m.	Nov. 23.....CLOSED
Nov. 24.....noon to 2 p.m., all categories adult lap swim with ID 2 to 5 p.m., RecreationSwim	Nov. 24.....6 a.m. to 9 p.m.	
	Nov. 25.....8 a.m. to 6 p.m.	
Fountain Green Golf Course	Youth Center and Teen Center	Bowling Center
Nov. 22.....9 a.m. to 5 p.m.	Nov. 22-25.....CLOSED	Nov. 21.....5 to 9 p.m.
		Nov. 22-23.....CLOSED
		Nov. 24.....2 to 10 p.m.
		Nov. 25.....2:40 to 9 p.m.
Recreation Center	School Age Services	Club Dix
Nov. 22.....noon to 5 p.m.	Nov. 23.....CLOSED	Nov. 21.....Computer Lab and Java Cafe 7 a.m. to 1:30 p.m.
Shoppette	Child Development Center	Lunch: 11 a.m. to 1:30 p.m.
Nov. 22.....8 a.m. to 5 p.m.	Nov. 23.....CLOSED	Revolutions Bar: CLOSED
Nov. 23.....12:01 a.m. to 10 p.m.		Nov. 22.....CLOSED
Burger King	Commissary	Nov. 23-25.....Computer Lab ONLY: 10 a.m. to 4 p.m.
Nov. 22.....CLOSED	Nov. 22.....CLOSED	
Nov. 23.....7 a.m. to 8 p.m.	Nov. 23.....10 a.m. to 6 p.m.	
	Nov. 24.....9 a.m. to 8 p.m.	

For more holiday hours, see page 8



photos by Shawn Morris



Top performers awarded

Lt. Col. Joseph Chirico, Mobilization Readiness Battalion commander, above right, presents a Letter of Appreciation to Lt. Col. Stuart Gillard for his leadership during Army Water Survival Training on post. Also receiving Letters of Appreciation for helping administer the training are 1st Sgt. George Wilson, Master Sgt. Kevin Thompson, Master Sgt. Pentti Forsman and Sgt. Joseph Cirello, from left at top right. Chirico awards the Meritorious Service Medal to Lt. Col. Gregory Gravlee, right.



Sgt. Shawn Morris, 444th Mobile Public Affairs Detachment

No-nonsense NCO

Command Sgt. Maj. Scott Lewis, center, is congratulated by Lt. Col. Brian Scully, 112th Fires Battalion commander, right, and Command Sgt. Maj. William Kryscnski, 50th Brigade Combat Team command sergeant major, left, for his promotion to command sergeant major and assumption of responsibility as the 112th Fires Battalion command sergeant major following a ceremony at the New Jersey National Guard's Joint Training and Training Development Center Nov. 18.



Chaplains' Corner

Faith is...



Chap. (Col.) David Forden
Chapel Staff

Dr. William L. Stidger wrote a letter of thanks to one of his schoolteachers for having given him so much encouragement when he had been in her class 30 years before. The following week he received an answer, written in a very shaky hand. The letter read:

"My dear Willie: I want you to know what your note meant to me. I am an old lady in my eighties, living alone in a small room, cooking my own meals, lonely, and seeming like the last leaf on the tree. You will be interested to know, Willie, that I taught school for fifty years and in all that time, yours is the first letter of appreciation I have ever received. It came on a cold, blue morning and cheered my lonely old heart as nothing has cheered me in many years."

I wonder what would happen to our world if each of us would make the effort to say "thank you" to those special people who have influenced us in some positive way. It could be done with a note, or a phone call, or even

a short visit. Sharing those words would be in itself a good deed.

I know that sometimes we feel things on the inside but think it is corny to express ourselves outwardly. We fear what others might think and, as a result, we leave our heart-felt comments unsaid. William Arthur Ward said: "Feeling gratitude and not expressing it is like wrapping a present and not giving it."

I have often thought that God has placed within our hearts the natural mechanisms that not only draw us closer to him, but closer to each other as well. Perhaps if we took time on a regular basis to think about all that we have to be thankful for, the way we face our day might change. Perhaps we need to pray a simple prayer that says: "Create in me, Oh God, a thankful heart."

It is my hope that during this Thanksgiving and Christmas season, each of us will make a point to write a note or simply say thank you to those who have helped us along the way. And while we are at it, saying, "thank you" to God, who has blessed us all with so much, might be an excellent beginning to creating within us a "thankful heart."

Stage actors to hold show for families

The Hearts Apart Dinner Theater Holiday Party will be held Dec. 11 at the Youth Center from 6 to 9 p.m. All family members of deployed and mobilized Soldiers are invited to attend this annual event.

This year, the Pushcart Players will present "Peter and the Wolf" for the enjoyment of our military families. The event includes a special appearance by Santa.

Registration in advance is required by Dec. 7. For more information and registration call Army Community Service at 562-2767.

Read The Post!



www.pushcartplayers.com

MILITARY MATTERS

Artists create CD to thank U.S. military

Samantha L. Quigley
American Forces Press Service

WASHINGTON, Nov. 16, 2007 — Just in time for the holidays, 13 major recording artists have created a musical "Thank You" for the troops.

"CD for the Troops" is a compilation of songs from 13 of today's top music artists. Active-duty servicemembers and veterans with a valid military identification card will be able to download the CD from the Army and Air Force Service Exchange Web site for no cost.

"We're thankful to all the artists who have agreed to lend their name and talent to this special CD," said Allison Barber, deputy assistant secretary of defense for internal communications and community liaison. "To have 'CD for the Troops' produced and dedicated in special honor to our active-duty military members and veterans is just another demonstration of the support so many people in our nation have for our troops."

Mitch Bainwol, chief executive officer of the Recording Industry Association of America, agreed. "This is an historic project. It shows that a music community that has many voices speaks with just one when it comes to support for men and women in uniform," he said in a news release from the Defense Department's America Supports You program. "We are proud to come together to help offer a compilation with some of today's best-selling artists and songs. We hope his album will be music to the ears of our troops."

America Supports You is a Defense Department program connecting citizens and corporations with military personnel serving at home and abroad.

Getting this project, which combined the music of Billy Joel, Brooks & Dunn, the Goo Goo Dolls, Jewel, Josh Groban, Los Lonely Boys, Melissa Etheridge, the Neville Brothers, Sarah McLachlan, the Lt. Dan Band, Montgomery Gentry, The Fray, and Five For Fighting, to troops' ears took true teamwork. John Ondrasik, the singer-songwriter who performs under the stage name "Five For Fighting," was intimately involved with making sure that happened.

"Beyond the artists and managers, all the record companies and publishers had to approve free downloads to over 1.5 million potential users," he said.

"(It) also could not have been achieved without the financial, logistical, and emotional support of (the Recording Industry Association of America), AAFES, TriWest Health Care Alliance, America Supports You, Media Base and Sony Manufacturing," he added.

GWOT support assignments gives Sailors more options

CMC Specialist Maria Yager
Navy News Service

MILLINGTON, Tenn. (NNS) — More predictability for Sailors is the goal as the Navy transitions from individual augmentee (IA) assignments

to Global War on Terrorism Support Assignments (GSA), announced Chief of Naval Personnel (CNP).

"The more I talk to Sailors around the fleet the more I'm convinced Global war on terrorism Support Assignments is

the right thing to do. I look forward to pressing ahead on this plan," said Vice Adm. J.C. Harvey, CNP, who released the latest GSA NAVADMIN 297/07, Nov. 7, to provide an update on the transition.

The Navy first introduced

the GSA detailing concept in

June 2007, via NAVADMIN

147/07.

Wounded warriors make most of therapeutic trip

Samantha L. Quigley
American Forces Press Service

ST. JOHN, U.S. Virgin Islands, Nov. 9, 2007 - Five days after their adventure began, seven injured veterans packed up with the satisfaction of knowing they'd done what they set out to do: Conquer sand, sea and the cloud of mosquitoes that seemed to follow them everywhere.

Their adaptive-sports adventure in the Virgin Islands was organized by the nonprofit group Team River Runner. Team River Runner is a chapter of Disabled Sports USA, a supporter of America Supports You, a Defense Department program that connects citizens and corporations with military personnel and their families serving at home and abroad.

"I'm glad to get the opportunity... because this is stuff that just doesn't happen on a normal basis," said Scott Morgan, a former Soldier whose legs

were severely damaged in a mortar attack Feb. 18, 2004, in Taji, Iraq. "It's pretty awesome. It makes me want to go home and start pursuing some of this stuff just so I can get out on the open water."

Kevin Pannell, a former Soldier who lost both legs, one above and one below the knee, when a hand grenade exploded during a foot patrol in the Sadr City neighborhood of Baghdad, agrees. He said trips like the adaptive paddling trip Mr. Pannell and six other wounded warriors went on are a great benefit for servicemembers dealing with life after a catastrophic injury.

"There's a real isolation whenever you get home," Mr. Pannell said, explaining that he thinks he is the only person in his hometown of Hot Springs, Ark., whose amputation is the result of combat. "(The trip) is great. You compare notes and find out about new stuff."

The trip had some simpler benefits, as well. Aside from being a safe way to test some

boundaries and talk to others who face the same situations, it was a chance to get away from the daily grind and relax. For most of the participants, it provided new experiences, as well.

"I've never snorkeled, but I've done a little bit of kayaking," Mr. Pannell said, adding that "hands down" snorkeling was his favorite part of the trip. "I saw like a five-foot barracuda."

The fish startled Mr. Pannell, who said he wasn't scared, just curious what the fish, famous for its own curiosity, would think of his prosthetic legs. "They're attracted to shiny things, and I have all the little screws and twinkles on my legs," he said. "I didn't know how into that he was going to be."

"I guess if he attacked my legs it'd be all right," Mr. Pannell said with a chuckle.

The troops' spouses may not have been as flippant about being so near a barracuda, but they all agreed the trip was better than anything the doctor could have ordered.

"The water is absolutely beautiful," Amber Jones said. "I have never in my life seen water this clear. Even in Hawaii, which I've always considered the best of the best, the water doesn't even compare."

Mrs. Amber's husband, former Marine John Jones, lost both his legs below the knee on Jan. 3, 2005, when the vehicle he was riding in hit a double-stacked land mine in Qaim, Iraq.

As the trip all-too-quickly came to an end, Joe Mornini, Team River Runner's director and the trip's organizer, contemplated the recent events and looked forward to making the next trip even better.

"I just knew that if we did it right it would work, but I didn't know what right was," he concluded.



Samantha Quigley

HELPING HAND -- Kevin Pannell, left, works on Andrew Butterworth's broken prosthetic leg in Cruz Bay, St. John, U.S. Virgin Islands Oct. 21. The two former Soldiers, who both lost legs serving in Iraq, were part of a small group of wounded veterans on a paddling trip to the island.

gobbling gallopers

A couple-dozen runners braved cold wind and icy rain to participate in the annual Fort Dix 5K Turkey Trot Nov. 15. Alex Estrada took first place among males with a time of 21:00. Gary Davidson took second at 21:23, and Penit Forsman came in third at 22:09. For the females, Sandra Armstrong placed first with a time of 27:37. Bianca Ellis came in second at 28:35, while Isabell Mackie finished third at 28:54.

Ryan Morton



Ed Mingin

HARD CHARGERS -- The Fort Dix Mitey-Mites defensive line helped lead the team to an 18-0 win against Delran. The team will take on Cinnaminson Nov. 24 for the county league championship.

Chargers one win away from crown

Ryan Morton
Public Affairs Staff

The Fort Dix Mitey-Mites continued right where they left off the previous week, winning in shut-out style.

The Chargers won their semi-final playoff game, topping Delran 18-0 in New Egypt. It was their second consecutive shut-out as they defeated Hamilton East 25-0 the previous week.

They now will play for the Pop Warner Burlington County league championship Nov. 24 at 5 p.m. against Cinnaminson at Palmyra High School.

Jacoby Carver got the Chargers rolling in the first half when he recovered a Delran fumble and ran it in for a 45-yard return. Later in the half, Carver

scored again on a pitch play to the outside, building a 12-0 lead.

In the second half, the Mites continued their dominating play when Lassana Brew took a handoff and ran up the mid-

The Chargers beat their upcoming opponent Cinnaminson 6-0 earlier this season, and appear poised and ready to take home the title Nov. 24.

dle for a 30-yard scoring run to get the lead up to the 18-0 final score.

That's all the scoring the Chargers needed as the defense set the tone, led by Robert Lowder, Sean Hoggs, Cameron

Tucker, Christopher Thieleman, Sameer William, Radazion Powell, Joshua Dixon, and Andrew Jackson.

The Chargers beat their upcoming opponent Cinnaminson 6-0 earlier this season, and appear poised and ready to take home the crown.

"The Mitey-Mites worked very hard all season and I am very proud of their accomplishments. I will really miss these kids when it's all over. I want to thank Coaches Powell, Hughes, Rodriguez, Hoggs and coach Steven and Mrs. Hoggs for all their hard work and dedication to the team. We are a very small community compared to the other teams in the league making our success even more special," Mitey-Mite head coach Steve Uzieber said.

Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.

Monday - Friday
6 a.m. to 9 p.m.

Holiday Hours
The Field House will be open 9 a.m. - 5 p.m. Nov. 22-23 for Thanksgiving.

Pool Hours

Monday - Friday
Military Lap Swim
6 - 8 a.m.
Retirees/Dep. Lap Swim
10 - 11:30 a.m.
Active Duty/DOD Lap Swim
11:30 a.m. - 1 p.m.
Recreation Swim
1 - 3 p.m.

Saturday

Lap Swim
10:30 a.m. - noon

Recreation Swim
noon - 6 p.m.
Hydro Aerobic Class
10:30 - 11:30 a.m.
Monday - Wednesday
Hydro Aerobic Class
7:30 - 8:30 p.m.

Holiday Pool Hours

Thursday Nov. 22
Closed

Friday November 23

Lap swim

10 a.m. - noon

Rec Swim

noon - 3 p.m.

Closed at 5 p.m.

Saturday

lap swim

10:30 a.m. - noon

Rec Swim

noon - 6 p.m.

Griffith Class

Schedule

For more information about activities at the Griffith

Field house, or to verify class times, call 562-4888.

Monday
Cardio Kick Express
4:30 p.m. - 5:00 p.m.
Total Toning
5:15 p.m. - 6:15 p.m.

Tuesday
Sculpting Express
9:30 a.m. - 10:00 a.m.
Spin-It
noon - 12:45 p.m.
Intro to Fitness
5:15 p.m. - 6:15 p.m.

Wednesday
Circuit Training
5:15 p.m. - 6:15 p.m.

Thursday
Step & Sculpt
noon - 12:45 p.m.
Pilates Fusion
5:15 p.m. - 6:15 p.m.

Friday
Spin-It
noon - 12:45 p.m.



Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

*A Department of the Army Accredited Soldier and Family Service Organization

Be **SLIMMER** than Santa this year

Battle the Holiday Bulge

with Holiday Fitness Fun 2007!

This year handle the holidays, before THEY handle YOU! Does your belly mysteriously thicken over the holidays? Statistics show that the average person gains anywhere from 7-10 lbs. over the holiday season. Don't let this be you!! Attend 24 Griffith Field House Fitness/Aerobic Classes from Nov. 7 through Jan. 2, 2008 and receive a FREE MWR Sports & Fitness CD Case! The FREE CD Case alone is so worth it, you know you'll definitely want to come to class!

To sign up for the Holiday Fitness Fun Program, sign, date and return the bottom portion of this flyer to the class instructor. You will then receive an attendance card that you should bring to every class. Sorry we will not stock cards after the fact, classes must be noted at time of attendance. ALL participants who have completed 24 classes by Jan. 2, 2008 and have their cards annotated will be presented with a CD Case!

Griffith Field House Bldg. 5201 8th & Alder St. 609-562-4888 or www.abtimmer.com

I agree to the rules and conditions for participation stated above. I understand and return them to the class instructor to obtain your attendance card for your free HOLIDAY FITNESS FUN CLASS!

Name: _____ Sex: _____

Address: _____

Phone: _____

Signature: _____

Added extra pounds this holiday?

Hear the GOOD news!!